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**HEAT TREATED HIGH DENSITY STRUCTURES**

**Abstract of the Disclosure**

A method for forming a unitary polymeric projection or fastener comprising a base layer, and a multiplicity of spaced projections or hook members projecting from the upper surface of the unitary base layer the method generally including extruding of forming a thermoplastic resin through a die plate or mold. A die plate, if used, is shaped to form a base layer and spaced ridges, projecting above a surface of the base layer. When the die forms the spaced ridges or ribs the cross sectional shape of the projections are formed by the die plate. The ridges are then cut at spaced locations along their lengths to form discrete cut portions of the ridges. The cut portions are then heat treated resulting in shrinkage of at least a portion of at least the cut portion thickness by from 5 to 90 percent, preferably 30 to 90 percent thereby forming discrete upstanding projections.